THE FEEL GOOD BOOK

A PRACTICAL GUIDE TO FEELING GOOD DAILY.

ILAN HALFON

ABOUT THE BOOK

The Feel Good Book

A Practical Guide For All Of Us

To Feel Good About Ourselves & With Ourselves

By Ilan Halfon FitMeEveryWhere.com

This book is thanks to the one and only @libby_Kangaroo_

How to use this great book?

This book is spread over 30 days. Every day you will have a small act or more to do, each one of those acts are designed to make you feel good. After 30 days we will start from the beginning of the book in order to compound the effect on our lives. Follow the daily acts recommended. Start with 1 or more acts daily, that means 7 or more weekly, 30 or more monthly and over 120 acts annually.

So what are you waiting for, lets dive in and start feeling good!

You should know, that by simply purchasing a copy of this book you have already done something great, you have contributed to paying for a surgery that Libby needs to have.

I recommend tracking at the end of each day how you feel. You will be amazed at the magic that will unfold.

DAY 1

I call this one, **"I am awesome"**

Today is a day that we choose, to compliment ourselves 5 times over the whole day.

Since it will be a challenge to remember, here is what I love doing: I schedule messages over the phone that are sent to me spread out over the course of the day. Each text message contains a small compliment to myself. Example:

Ilan, I love this shirt on you, makes you look so sheik.

OMG, Ilan, your smile is priceless.

Those work for me, but, please take a moment to think about few compliments you can say to yourself.

DAY 2

The King/Queen is coming for dinner, lunch, or breakfast.

Ok, this one is by far, one of my favorite.

This is not simply getting to eat what I love, this one has few twists. Today's act is about making ourselves a colorful meal that probably would not have happened unless we had guests coming over. So here we go: The meal must contain:

5 different colors, at least 3 veggies and 1 fruit, must serve as "fancy" as you can, and must be eaten slowly.

This is more about the experience of putting in the work to serve yourself a meal as if you have made it for someone special to you.

So set the mood and get yourself ready for a real treat.

BTW, it would be awesome if you will dress up little bit for that as well.

DAY 3

Let's move and clap and clap again.

Ok, today is about our body. The first two days we took care of our mental and emotional health. Today we make our body the centre of the day, and what makes our body feels great. You got it: moving.

So, please choose one movement, for example, sitting on a chair and standing up, or reaching down to your toes and stand back up, like the band and snap from legally blond (the movie, talk about feel good movie ☺), anyway, choose your movement and we are going to add a clap to it.

If you chose sitting and standing, you sit, you stand you clap, repeat 25 times adding a clap every time. This probably will take 3 minutes, if you can't sit and stand choose another movement and clap after each time you do it, clapping your hands is a great way to lift your mood and add a smile to your face.

DAY 4

Play it loud and feel it deep.

Music, what a gift of life it is. Today we get to experience a real feel good treat. Choose one song that you love so much, get ready to hit play, place yourself in a comfortable position, clear any potential distractions, hit play and close your eyes. Please keep your eyes closed for the whole time. I am not asking you to just listen to it, I am asking you to feel it with every fiber of your body, feel it running through you, get yourself into the experience of becoming music for that moment.

DAY 5

Breath In Breath Out Repeat

Ok, this might sound like crazy we all do breathe all day long but today we are shifting the breathing to another dimension. Today we are taking 8 minutes (no worries, accumulating if needed ☺) of breathing with awareness. That means breathe slowly, deep and with full intention. This action will teach us to observe the rhythm of our breath so we can keep ourselves calm and relaxed.

Try the following: close your eyes and exhale fully first. Now, gently take a slow deep inhale, keeping your face relaxed, your jaw relaxed, and exhale slowly, enjoy the gap between the inhale and the exhale, take your time to breathe slow, it might feel like eternity at first, but once you start, it is hard to ignore the feeling of greatness.

DAY 6

Read me today not tomorrow.

In today's world, unfortunately many people have forgotten how great it feels to simply read. That's why you will see people reading books only on vacation time or flights. So today we are taking the time to read. Forget whatever show you are supposed to watch or whatever it is that you think you should be doing other than reading and make the time for 30 minutes of reading a book. Get yourself your tea, coffee or whatever beverage you wish, turn off all potential distractions that could arise and isolate yourself with your book, for 30 minutes.

DAY 7

Let's go out and listen!

No, this is not where I say take a day off ☺ we don't need a day off from feeling good. So get yourself ready because we are going out. Yes, you got it right today we are leaving behind our smart phone, or anything that can interrupt our outing. Don't freak out! It is only for 1 hour! Let's go out for a walk, if you can choose a walk with greenery that would be awesome, waterfront, anything that has some natural surroundings would be perfect, so take yourself out for a walk and stay tuned to the conversation within you, trust me, you have a lot of great things to here from yourself about yourself.

DAY 8

Let's be THANKFUL!

Appreciation, gratefulness and gratitude are things that could literally change the world for the better, so why not use them to change our internal world for the greater good.

Please make a list of:

1. 1 thing that you appreciate in your life
2. 1 thing that you are grateful for
3. 1 thing that you have gratitude for

If you really wish to expand the feeling of feeling good, add more than one of the above. Make an open list that you can add to during the day.

DAY 9

Success, yes, I AM SUCCESSFUL.

Today say out loud that you are successful!

Please write down things that you know you are successful at and start an open list for the day. It could be anything. For example, if you successfully made breakfast, write it down. If you successfully did your job, write it down. Don't be harsh on yourself, and keep it simple.

DAY 10

Dress yourself up with a SMILE.

Today is all about smiling. For a lot of us that could be more of a challenge than a thought of feeling good, but, smiling physically even when you don't feel like it, makes a huge difference in our lives. So first, start with a big smile in front of the mirror, yes, smile to yourself first, then make the decision to smile to 10 people today, regardless if you know them or not, but please, make it a big smile. The first few might feel hard to do, but try it, let the magic happen and feel it for yourself.

Remember this:

Sometimes we must choose to feel good.

DAY 11

Keeping a Journal: write it BOLD!

Most of us probably forget about the beauty of journaling, and now, I am not talking about becoming a journalist. Today I am kindly asking you to take few moments and write everything you wished the younger version of you knows now.

Take a moment and look back 10 years, 15 years, go crazy and close your eyes to see the younger version of you and start writing down the things that person should know.

This is one of my favorite tools to remind myself that it is not just ok to be who ever I am, it is actually great to be who I am, and you deserve the same feeling, so let's write it down.

DAY 12

When was the last time I danced?

Well, for most people it will be the last wedding or party they attended, but today we are changing all that. So get yourself up, play some music and take 5 minutes to simply dance, yes, like the biggest cliché out there, 5 minutes of dancing like no one is watching.

DAY 13

Relationships, either lift you or put you down.

Get ready to feel the magic happen.

Since this is a feel good book, try to feel what it is that you really appreciate about your partner; what you love about them. Once you have it figured out, go to see them, look them in the eyes and simply verbally express those feelings you just felt about them, give them a hug and thank them.

DAY 14

Exercise, bhaaaa noooooo

Yes, you got it right, exercise; life could not be good without activities.

Please look up the following:

"Feel good workout" on YouTube

Choose one that is at least 10 minutes preferably 20 and simply commit to do it today.

Remember this:

Sometimes the things I don't feel like doing are the ones that make me feel great once I am done.

DAY 15

Laugh out loud.

This is harder than it sounds, but today after 14 days of feeling good, I believe you trust my book and know that it is worth giving it a shot. So, either choose a movie that makes you laugh or simply choose to start laughing out loud, yes, you read me right, choose to laugh out loud.

Make it for last 3 minutes, don't let your mind get in the way, push yourself and start laughing loud.

And remember this:

Laughing can increase the metabolism; we all wish to improve that, don't we? ☺ Just kidding

DAY 16

Today I choose to forgive.

Ok, this one is a hard one for most of us, but guess what, once you master forgiveness, it becomes second nature. Being a forgiving person doesn't mean you allow others to take advantage of you.

Remember, this book is about making you feel good with and about yourself. Forgiving someone is exactly that.

So close your eyes and think of someone who you believe hurt your feelings because he/she did or said something that hurt you. (Since this is a challenging act, I recommend choosing something minor, something that hurt you but that you managed to go through relatively quickly)

Now that you have that person in your mind, visualize that you are looking them in the eyes and tell him/her:

What you did (or said) really hurt my feelings, I know you had no intention of doing so, but you did, and I am now choosing to forgive you with an open heart and hope that you will be a little bit more sensitive towards my feelings.

Remember this:

"Forgiveness is a choice, and I choose to forgive".

DAY 17

Affirmation is a privilege

People under estimate the power of affirmations, but we know better. I love affirmations. They are a tool to transform our lives regularly. So, kindly choose an empowering affirmation that you can declare proudly to yourself.

For example:

I feel great today

I am unstoppable

I am focused on being great

I am…

You choose the one that works for you and…

You got it right, ☺ first,

Write it down at least 10 times yes right now.

Then commit yourself to say it to yourself during the day as many times as possible.

And on top of that commit yourself to say it out loud to at least 5 different people.

Please remember this:

"Magic unfolds slowly without us noticing the process"

DAY 18

Hobbies,

why miss something that we are doing?

Today is about getting you up and running. Make a list of your hobbies, prioritize them if needed, choose the one you didn't do for a very long time, maybe ever, and commit to do it for at least 10 minutes today. It is ok if you get carried away and do it more than 10 minutes. Worse comes to the worse, you'll end up feeling great instead of good ;)

Please remember this:

"Feeling good is a result of an action"

DAY 19

So what…?

Today is my kind of a day, today is a guilt free day, and honestly, not to de-motivate us, it is not as simple as it sounds.

After you read the how to close your eyes so it will be properly done☺.

I would like you to think of something that you are hard on yourself about, maybe something you said to someone, did something you think you should have not done, ate something you shouldn't have; doesn't matter what it is, bring it forward in your mind.

Think it about in your mind, if there is something you can do about it to change it, or take it back, by all means, go ahead and do so, BUT, if it is something you can't take back or change and you already asked for forgiveness do me a favor and ask yourself:

SO WHAT…?

So what can I do to forgive myself right now?

So what good is doing me to feel guilty?

So what I am human and made a "mistake"?

If those don't resonate with you, find your own "so what" and release your guilt that away.

Please remember this:

"Feelings grow with how we think about them, not with how we feel them"

DAY 20

Shhhhhh keep it quiet.

Get ready for this one. You won't believe what kind of noise you get from quietness.

Make a commitment to take 5 minutes, to quite everything around you, and I don't mean to ask your surroundings to be quite. Turn all noises off. I mean, make a commitment to be quite regardless of your external or internal world, no texts, no answering calls, no responding to anything. Simply be quite, and if 5 minutes is nothing, by all means, make it challenging and go quiet for longer. By the way, responding with a pen and paper doesn't count as quite. Think total silence.

Please remember this:

"Quietness is the enemy of the monkey mind"

DAY 21

Stillness, when the monkey mind jumps.

Are you up for this challenge? Here you are given 2 options, so choose the one that will challenge you the most.

First option: Stay still, literally still for 5 minutes, any position will do even simply sitting on the sofa or chair. Choose a position that will trigger some discomfort if kept for a long time, for example, stand on one leg with no moving, or raise your arms high up to the ceiling. Once you are in position, stay still for 5 minutes, you got it right, a full five minutes.

Second option: accumulate a total of 8 minutes during the day in the same position that you started with and stay still. However, those 8 minutes could not have more than 4 breaks in total between each time. for example, first stillness 2 minutes, second 1.5 minute, third 1.5 minute, so the last one will be 3 minutes to make it no more than 4 breaks.

Please remember this:

“A calm mind finds the flow in stillness”

DAY 22

Break a goal into many small ones Possibilities, we all love knowing that there is a possibility of…

It is such a great feeling when we see that something that we wish for is achievable, reachable. And today is all about that feeling.

Write down one of your biggest goals that you have but never made the effort of making happen.

Doesn't matter how big that goal is.

Now, let's have some fun. ☺

Rule number 1, you can't give yourself an excuse of why not.

Rule number 2, free your monkey mind and allow your creativity to flow.

Rule number 3, do the best you can to think about today's act as a game, I really don't want you to take it too serious for now.

Now that we set the rules lets take your goal and break it down.

Let's say someone wishes to make $1,000,000

Well, thanks to @investorknowledge on instagram here is a perfect example how to break a big goal into small ones:

Sell $200 products to 5000 people

Sell $500 products to 2000 people

Sell $1000 products to 1000 people

You can play around with big goals by simply asking the question?

What is the breakdown of this result?

The breakdown is different then what needs to be done.

Please remember this:

"We are the results of our own thoughts"

DAY 23

Let's count to 10 and…

Today is a day that we choose to respond thoughtfully by counting to 10 before we respond to anything. I know it sounds a bit weird but for the ones who are worried that the other person will think we are kuku for not responding, simply take a slow deep inhale followed by a slow deep exhale. You will notice that you are already reaching to the count of 10. You will be surprised by the fact that such a "small" count can make you feel good and more importantly, will help you avoid any potential regret.

So the whole day is about, count to 10 before you speak in response.

Please remember this:

"we respond to our internal world just as much as we respond to our external world, so count inward just as you count for outward ☺ ".

DAY 24

Let's get comfortable being uncomfortable

Ok, ok, not to worry, after all this is the feel good book; therefore, we are choosing something minor to begin with. Choose one thing that you are really uncomfortable doing, that you have been procrastinating about for a long time. One thing, small, big, your call. Now that you have chosen it, go and do it.

Small tip on how to confront the MM (monkey mind):

MM: "I don't feel like it".

You: "I don't care, be quite for one moment".

MM: "I feel so dumb doing it".

You: "I know it might feel like it, trust me, it will be awesome finishing with it"

MM: "Such a waste of time".

You: "luckily, I have plenty of time to waste".

DAY 25

You are my inspiration.

Most of us look at others and try to find inspiration from their actions or words. But today we are about to feel even better by simply inspiring ourselves.

I know you might find it arrogant, but this is not the case. We all have our stories, baggage, history etc. sometimes we forget the obstacles we had to go through to get to where we are today.

So kindly take a pen and paper and write down something that you did for yourself, or for someone else, that if someone else would have done it today you would have found it inspiring.

Yes, I am 100% positive that you have done many things that are inspirational for others, why shouldn't you enjoy your own inspiration.

Please remember this:

"There is a great line between self-love, self-compassion and self-appreciation as opposed to simply being a narcissist, and if you have this book in your hand, you are far from being a narcissist".

By the way, if you not sure about the statement above, tell me, do you really think a narcissist would buy a practical guide to feel good?

Probably not, he is already feeling that good? ☺

DAY 26

Can I answer with a question?

Well, if you ask the right questions, then by all means please do. You see, in a lot of cases we assume things. So today, do the best you can to be as "clueless" as possible and assume you know nothing but ask the right questions.

I know it might sound annoying, but let's say, at least 5 times today, when you are being asked a question, hold for a sec, and respond with a question, even if you give an answer, end it with a question at the end.

Normal day example:

Someone: Love the shirt you are wearing, is it new?

You: This old thing got it on sale last year.

Today's example:

Someone: Love the shirt you are wearing, is it new?

You: Thank you, what is it that you love about it?

Or:

Thanks would you like to borrow it?

This is just an example but even the most basic interaction could be turned into something interesting.

Please remember this:

"I manifest the right answers by asking the right questions"

DAY 27

Your honor, today you are dismissed.

One of my favorite feel good actions is non action.

Dear monkey mind, today I have no space for: self criticism, self judgment, external criticism, external judgment.

Today I choose to simply observe without labeling, assuming, or giving feedback without being asked.

OK, it is not about being optimistic it is about doing the best you can today to simply observe. Observe your surroundings, yourself, your mind, your loved ones, anyone and anything within you and around you.

Please remember this:

"By judging others you judge yourself, by judging yourself, you become less of who you are and more of who you are not".

DAY 28

Speak the truth, your inner truth.

Relax, relax, I am not saying you are a liar, but I am saying, today is a great day to be true to your inner self.

How you ask?

Ok, since we are all about feeling good, let's keep it simple as well.

Choose 1 or up to 3 values that are very important to you. Normally, it is easier with one that is the most important for you.

Be aware of it for today, normally we act automatically without any thought of our value and when we lack awareness there are contradictions that we might act upon.

So being true to your inner truth is all about acting or not acting with full awareness of your value.

For example:

Value: respect for elderly.

Truth to be followed: standing up on a bus and giving your seat to an elderly person. Letting an elder go before you in a lineup even if s/he didn't ask. Visiting your grandparents out of the blue.

Value: healthy life

Truth to be followed: eat fruit and veggies, avoid sugar, and avoid processed food and so on.

Please remember this:

"Values and beliefs lead our actions and thoughts but that doesn't make them universal to all".

DAY 29

Be creative with creativity

One of the things that make all of us feel good regardless is finding solutions either for our own challenges or our loved ones, especially if they follow our advice.

So let's get creative.

Find a challenge, small or big doesn't matter, broken or fixed doesn't matter, you can also create one just for the practice of it.

Right down to the challenge that you are faced with, start by writing down all the obvious solutions you have. Now, erase all of them and simply try to figure out one solution that is far beyond your normal way of thinking.

Example:

Challenge: I want to impact 1 million people lives and make them feel good.

Typical solution for someone like me:

Bring together as many people as you can to a wellness workshop, to a yoga class that I will teach and start compounding the classes till you hit 1 million. (That's because I have already tried it)

Creative solution:

Write The Feel Good Practical Guide Book, make it as cheap as $1 and sell it out on Amazon using advertising to reach 1 million people

Please remember this:

"Our creativity is limited only by our monkey mind".

DAY 30

Selflessness is an act of emptiness

This is probably the biggest one because today is about doing an act

of kindness or compassion. Empty yourself of your ego, of your thoughts, of any assumption and think of a selfless act.

Example: Standing in line in a busy groceries store, all cashiers are packed, it's just about your turn but after waiting turn to the person behind you, and switch turns with them.

Example: You are dinning out, choose someone and pay for their drink or their bill (if you can afford it)

Example: Give a big smile to a random person and say hello.

Any of these actions probably make no difference to you one way or another, but you never know what it could do to the other person.

Please remember this:

"Self-love, compassion, kindness, self care, truthfulness, health, joy, happiness, calmness, are all a result of how think, what we feel and what we speak, so kindly watch the way you think, feel the way you truly feel, and speak the words that your heart is feeling".

GREAT WORK LETS START AGAIN

Now that we finished 30 days of feeling good, lets restart a new month from the beginning of the book to feel GREAT!

Having questions, lets connect FitMeEverywhere.com

Instagram: @ilan.halfon

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